

Disclosed herein is a method of treating mammalian, for example, human, skin afflicted with a sebaceous follicle disorder, for example, acne. The method involves cooling an exposed surface of a region afflicted with the disorder and applying energy, for example, energy from a coherent or incoherent light source, to the region. The applied energy reduces the size and/or density of lesions associated with the disorder in the treated region, and can reduce or otherwise alleviate lesion-associated skin inflammation in the treated region. Cooling preserves the surface, for example, epidermis, of the skin. The method, therefore, is effective at treating the disorder while at the same time avoiding or minimizing thermal damage to the exposed surface of the skin.

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